



Fuelling their future journeys

Print this out and stick to the fridge to chart your weaning journey...

Get even more handy advice and guidance at organix.com/weaning

Watch out for high-in-sugar foods and added salt – they're not good! When you start weaning, all foods can be included with just a few exceptions: honey, raw shellfish, shark, swordfish, marlin, nuts and soft unpasteurised cheese.



Food to try at this stage:

Textured foods with a little bite. Well-cooked slices of egg, cheese, raw grated veggies and cucumber batons. Cooked veggies and peeled slices of fruit. Pasta and noodles. Toast or bread soldiers.

Cereal / Grains

Meat

Fruit

Fish

Veggies

